



NAVAL BASE CORONADO SAFETY LINES



FEBRUARY 2006

WORKPLACE EYE SAFETY

Why is eye safety at work important?

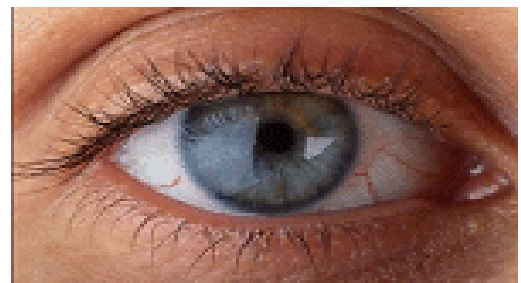
Eye injuries in the workplace are very common. More than 2,000 people injure their eyes at work each day. About 1 in 10 injuries require one or more missed workdays to recover from. Of the total amount of work-related injuries, 10 – 20 % will cause temporary or permanent vision loss.

Experts believe that the right eye protection could have lessened the severity or even prevented 90% of eye injuries in accidents.



Common causes of eye injuries:

- Flying objects
- Tools
- Particles
- Chemicals
- Harmful radiation
- Any combination of these or other hazards



Types of safety eyewear protection:

- Non-prescription and prescription safety glasses
- Goggles
- Face shields
- Welding helmets
- Full-face respirators



What type of safety eye protection should you wear?

The type of safety eye protection you should wear depends on the hazards in your workplace. If you are working in an area that has particles, flying objects, or dust, you must at least wear safety glasses with side protection (side shields). If you are working with chemicals, you should wear goggles. If you are working near hazardous radiation (welding, lasers, or fiber optics) you must use special-purpose safety glasses, goggles, face shields, or helmets designed for the task.

Ten Ways to Prevent Eye Injuries at Work

Assess!

Look carefully at plant operations. Inspect all areas, access routes, and equipment for hazards to eyes. Study eye accident and injury reports. Identify operations and areas that present eye hazards.

Test!

Uncorrected vision problems can cause accidents. Provide vision testing during routine employee physical exams.

Protect

Select protective eyewear that is designed for the specific duty or hazard. Protective eyewear must meet the current standards from the Occupational Safety and Health Act of 1970 and later revisions.

Participate

Create a 100% mandatory program for eye protection in all operation areas in your activity. A broad program prevents more injuries and is easier to enforce than one that limits eye protection to certain departments, areas, or jobs.

Fit!

Workers need protective eyewear that fits well and is comfortable. Have eyewear fit by an eye care professional or someone trained to do this. Provide repairs for eyewear and require each worker to be in charge of his or her own gear.

Plan for an emergency!

Set up first-aid procedures for eye injuries. Have eyewash stations that are easy to get to, especially where chemicals are used. Train workers in basic first-aid and identify those with more advanced training.

Educate!

Conduct ongoing educational programs to create, keep up, and highlight the need to protective eyewear. Add eye safety to your regular employee training programs and to new employee orientation.

Support!

Management support is key to having a successful eye safety program. Management can show their support for the program by wearing protective eyewear whenever and whatever needed.

Computers and Your Eyes

Can looking at computer screens damage your eyes?

No. While complaints of eye fatigue and discomfort are common among computer users, the computer screen itself does not cause these symptoms. Computer screens give off little or no harmful radiation. All levels of radiation from computer screens are below levels that can cause eye damaged such as *cataracts*.

Can looking at computer screen cause eyestrain?

Fatigue, dry eyes, bad lighting, or how you sit in front of the computer can cause eyestrain. Symptoms of eyestrain include sore or irritated eyes and difficulty focusing. You may also have symptoms of eyestrain if you need glasses or a change in your glasses.

What can you do to prevent eyestrain?

You can help prevent eyestrain by making changes to your computer workspace and by visiting your eye doctor. Here are a few suggestions on how to make your workspace more comfortable:

- Place your screen 20 to 26 inches away from your eyes and a little bit below eye level.
- Use a document holder placed next to your computer screen. It should be close enough so you don't have to swing your head back and forth or constantly change your eye focus.
- Change your lighting to lower glare and harsh reflections. Glare filters over your computer screen can also help.
- Get a chair your can adjust.
- Choose screens that can tilt or swivel. A keyboard that you can adjust is also helpful.

Electrical Safety

Electricity Is Dangerous

Whenever you work with power tools or on electrical circuits there is a risk of electrical hazards, especially electrical shock. Anyone can be exposed to these hazards at home or at work. Workers are exposed to more hazards because job sites can be cluttered with tools and materials, fast-paced, and open to the weather. Risk is also higher at work because many jobs involve electric power tools.

Electrical trades workers must pay special attention to electrical hazards because they work on electrical circuits. Coming in contact with an electrical voltage can cause current to flow through the body, resulting in electrical shock and burns. Serious injury or even death may occur. As a source of energy, electricity is used without much thought about the hazards it can cause. Because electricity is a familiar part of our lives, it often is not treated with enough caution. As a result, an average of one worker is electrocuted on the job every day of every year! **Electrocution is the third leading cause of work-related deaths among 16- and 17-year-olds, after motor vehicle deaths and workplace homicide. Electrocution is the cause of 12% of all workplace deaths among young workers.**



Metal electrical boxes should be grounded to prevent shocks.

How is an Electrical Shock Received?

An electrical shock is received when electrical current passes through the body. Current will pass through the body in a variety of situations. Whenever two wires are at different voltages, current will pass between them if they are connected. Your body can connect the wires if you touch both of them at the same time. Current will pass through your body.

In most household wiring, the black wires and the red wires are at 120 volts. The white wires are at 0 volts because they are connected to ground. The connection to ground is often through a conducting ground rod driven into the earth. The connection can also be made through a buried metal water pipe. **If you come in contact with an energized black wire-and you are also in contact with the neutral white wire-current will pass through your body. You will receive an electrical shock.**

NAVOSH TRAINING

CPR CERTIFICATION CLASS

Date: 7 February and 7 March 2006
Where: Bldg 678, Classroom 222
Time: 0800 – 1200

Please call Mr. Tom Hirzel at (619) 767-7546 or "E" mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

RESPIRATOR TRAINING CLASS

Date: 8 February and 8 March 2006
Where: Bldg. 678, Classroom 222
Time: Respiratory Program Assistant - 0800-1200
Respiratory Protection Program (Users) - 1300-1430

Please call Mr. Tom Hirzel at (619) 767-7546 or "E" mail Thomas.hirzel@navy.mil for questions regarding the course. To reserve a seat, fax quota request at 545-1053.

NAVOSH INSPECTION (ANNUAL) SCHEDULE

COMMAND

DATE

ENVIRONMENTAL
OCCUPATIONAL SAFETY
RECYLING CENTER
MORALE WELFARE AND RECREATION (MWR)
COMHELSEACOMBATWINGPAC

2 FEB
2 FEB
2 FEB
9 FEB
28 FEB

AIR OPERATION (AIR OPS)
SECURITY DEPARTMENT
COMHELWINGRES
EODMU-3
COMHSLWINGPAC

01 MAR
08 MAR
16 MAR
28 MAR
29 MAR

FOR ASSISTANCE, COMMENTS OR QUESTIONS PLEASE FEEL FREE TO CONTACT OUR SAFETY OFFICE LOCATED IN BLDG 678, RM 227

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The Navy Occupational Safety and Health Department of Naval Base Coronado publish **SAF-T-LINES**. It is an unofficial publication for dissemination of safety information. The intended purpose is to raise the awareness of safety by keeping NBC personnel knowledgeable about safety and health topics.